

## News Briefs

### Air Force announces Chief selects

The 52nd Fighter Wing congratulates the following individuals on their selections for promotion to chief master sergeant: **Patrick Adams**, 52nd Equipment Maintenance Squadron; **Robbie Bogard**, NATO E-3A NATO Airborne Early Warning and Control Systems Component, Geilenkirchen Air Base, Germany; **Michael Cavaliero**, 52nd Civil Engineer Squadron; **Johnny Collett**, 38th Munitions Maintenance Group; **Daniel Kalsow**, NATO E-3A; **Mark Kovalcik**, 372nd Training Squadron Detachment 922; **Ronald Kruse**, 52nd CES; **Roy Lapioli**, 52nd Aircraft Maintenance Squadron; **Kent McCormack**, 52nd Dental Squadron; **Juan Martinez**, NATO E-3A.

### Flu shots available to active duty

Monday through Friday will be the target week to administer the influenza vaccination to 52nd Fighter Wing active-duty members. Immunization technicians will be on hand in building 217 from 6 a.m. to 6 p.m. all week to ensure each active duty wing member receives the vaccination. For details, call the Spangdahlem AB Immunizations Clinic at 452-8382.

### Snow and ice parade coming up

The 52nd Civil Engineer Squadron will host the 11th annual snow and ice parade to give Team Eifel an awareness of the size and type of snow removal equipment used during winter months. Parade activities will begin with a static display of snow removal equipment staged at the bus parking area in front of Spangdahlem Middle School Tuesday at 3:45 p.m. The parade begins at 4:30 p.m. and moves through the Spangdahlem AB housing area.

### 52nd MDG closes for training

The 52nd Medical Group is closed Dec. 1 from 7:30 a.m. to 4:30 p.m. for training. People in need of urgent care should visit the Bitburg Annex Hospital Emergency Room.

### Suicide prevention briefing Nov. 29

The next suicide prevention briefings take place Nov. 29 at 8:30 a.m., 10 a.m. and 3 p.m. in the Spangdahlem AB Theater.

### Military retirees to see pay increase

Military retirees will see a 4.1 percent pay increase as early as January 2006. The Cost of Living Adjustment is the largest since the 1991 increase of 5.4 percent. Newly retiring members will receive a somewhat smaller partial COLA for the year of their retirement, because they already received a January military pay raise (which also raised their retired pay) during their retirement year. Other restrictions apply. Visit [www.afpc.randolph.af.mil/afretire](http://www.afpc.randolph.af.mil/afretire) and click on Retiree News for more information.

### 'Bulging' with history

Read "Bastogne's annual 'Nuts' celebration offers historical, educational experiences," on Page 7.



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[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

Nov. 11, 2005



### Fight to win

Staff Sgt. Melinda Flue, right, 81st Fighter Squadron operations desk manager, blocks an attack by Senior Airman Raymond Adams, 52nd Security Forces base support manager, with her M-16 during 52nd Fighter Wing Phase II Expeditionary Combat Skills training here Nov. 8. Read more about the exercise in "Combat Phase: Sabers take readiness to new level" on Page 4.

Staff Sgt. Jennifer Lindsey

## Air Force announces COMUSAFE retirement

**RAMSTEIN AIR BASE, Germany (USAFENS)** -- The U.S. Air Force announced the retirement of Gen. Robert H. "Doc" Foglesong, commander, U.S. Air Forces in Europe, Tuesday. As the USAFE commander, he also holds three other titles: commander, Allied Air Component Command Ramstein; air component commander, U.S. European Command, Ramstein AB, Germany; and director, Multinational Joint Air Power Competence Center, Kalkar, Germany.

General Foglesong, who has a doctor of philosophy degree in chemical engineering from West Virginia University, took command of USAFE in August 2003. He earned his wings at Columbus Air Force Base, Miss. His aviation career includes more than 4,350 flying hours in various aircraft, primarily in fighter and training assignments in the F-16, F-15, A-10 and AT/T-38. He has been a commander six times. His staff tours include duty as assistant to the Chairman of the Joint Chiefs of Staff in Washington, D.C.; commander, 12th Air Force; commander, U.S. Southern Command Air Forces; deputy chief of staff for Air and Space Operations and vice chief of staff at Headquarters U.S. Air Force.

He has a number of notable achievements. During the general's tenure, USAFE stood up the Warfighting Headquarters and educational Centers of Excellence for Expeditionary Operations, Air Dominance and Joint Fires (the application of fire power). The general also led a robust theater security cooperation effort, with more than 60 countries visited and new relationships established in USAFE's area of operations. Since taking the USAFE flag, he instituted 15 Combat and Special Interest Programs that have significantly improved mission readiness and quality of life throughout the command.

In addition, in August he was inducted into USAFE's Order of



Gen. Robert H. "Doc" Foglesong

the Sword. Touted as "Airman among Airmen and a leader among leaders" on the proclamation, the general's induction is the highest honor the Air Force enlisted corps can bestow upon a person. He has authored nearly 60 published articles on scientific, leadership and military subjects. He has an honorary doctorate in strategic intelligence from the Joint Military Intelligence College, and is a member of West Virginia University's Academy of Distinguished Alumni and well as the Chemical Engineering Academy.

He will be succeeded by Lt. Gen. William T. Hobbins, deputy chief of staff, Warfighting Integration for Headquarters U.S. Air Force and acting chief of Warfighting Integration and Chief Information Officer, Office of the Secretary of the Air Force. General Hobbins was confirmed for appointment to the grade of general and assignment as USAFE commander on Oct. 28, 2005.

General Hobbins is a 1969 Officer Training School graduate and command pilot with more than 4,275 flying hours.

## Veterans Day: Walking in the Shadows of Great Airmen

By Gen. Robert H. "Doc" Foglesong  
Commander, U.S. Air Forces in Europe

**RAMSTEIN AIR BASE, Germany (USAFENS)** -- At 1100 on the 11th day of the 11th month, a combined color guard representing all military services executes "Present Arms" at the Tomb of the Unknown Soldier in Washington, D.C. As a bugler plays "Taps," a presidential wreath is laid as a tribute to our military veterans, those who have committed their lives to defend our great nation.

Our Airmen, Soldiers, Sailors and Marines have served and fought on many

fronts in many theaters. I have incredible respect and greatly admire all of our veterans. The freedoms we enjoy today are a result of the sacrifices and dedication to duty made by our comrades in uniform. America's veterans, past and present, have answered our nation's call for generations.

Although the Air Force is still a relatively young military service, throughout our history we have proven we're the world's most respected, all-purpose expeditionary air and space force. We continue to build on the legacy created by our veterans.

World-class U.S. Air Forces in Europe

members continue to promote an enduring peace in the U.S. European Command and other areas of responsibility. We represent the best of America and are poised to respond to our nations call at any time.

I urge you to set aside time on 11 Nov to honor our veterans' service and dedication. It is with a deep sense of gratitude that I am thankful daily for their commitment and service. And to the great men and women of USAFE, thanks for continuing the legacy of excellence through your readiness, responsiveness, and commitment to service for our nation and the ideals America represents globally.

RESCON Watch

ALPHA

0 DUIs in the Last 30 Days

Days since last DUI: 41

Large unit with best record: 52nd Communications Squadron, 308 days  
Small units with best record: 52nd Comptroller Squadron, 1,351 days

Data Courtesy of the 52nd SFS

When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.



# Wing master sergeant awarded Purple Heart

Deployed supply NCOIC who survived explosion urges Sabers 'take training you get here seriously'

By Senior Airman Amaani Lyle  
52nd Fighter Wing Public Affairs Office

When the blast of an explosive device sent his sport utility vehicle hurling 45 feet away from his convoy in Baghdad City, Iraq, Master Sgt. Jimmie Hughes literally did not know what hit him.

About a year since that fateful November 2004 day when Sergeant Hughes was knocked unconscious, a 52nd Logistics Readiness Squadron supply SNCO was honored here Friday with the prestigious

Purple Heart military decoration, the world's oldest of its kind in use. The award signifies that a U.S. military member or a U.S. civilian national suffered serious injury or death in action against an enemy of the United States.

As the soft sounds of the National Anthem echoed across the supply warehouse, it was here at Sergeant Hughes' in-garrison work station that the story would be told publicly for the first time. Sergeant Hughes relived the day that dumb luck and smart training saved his life.

Two Army Soldiers were in the front seats of the vehicle while Sergeant Hughes rode in the back passenger-side seat. The three men were on their way to Baghdad International Airport.

"We were going to pick up trailers used to load weapons and ammunition," he wrote in a letter read aloud by one of his colleagues. "The trip normally took about 15 minutes, but I figured without traffic, we could do it in 10. I had five bucks riding on it."

When Sergeant Hughes' vehicle, fourth in the convoy, passed the center of the bridge, a car waited for the convoy to pass. What happened next not only cost the NCO five dollars, but nearly cost him his life.

"As our vehicle passed the waiting car, I saw the driver of that car punch the accelerator and plow into the front of our truck," Sergeant Hughes wrote.

In an instant, the impact detonated the improvised explosive device, blowing a hole in the concrete overpass the size of a compact car. Amidst the earth-rumbling shower of glass and debris, the bomber died instantly, and his engine shot fifty feet above Sergeant Hughes' vehicle.



Senior Airman Amaani Lyle



Tech. Sgt. Andrew Rodier

Above, Master Sgt. Jimmie Hughes, 52nd Logistics Readiness Squadron receiving NCOIC, reflects upon his time downrange. Left, the Purple Heart rests upon the 52nd Logistics Readiness Squadron patch.

But the disaster was far from over.

The force of the explosion collapsed the cement overpass and a massive slab of concrete fell from the bridge, instantly killing a driver traveling beneath it.

Twenty minutes elapsed before rescuers knew the fates of Sergeant Hughes and his

two Army passengers, who sustained severe injuries and were knocked unconscious. The wounded men were thus far unaware they had just survived an insurgent's attack.

What woke Sergeant Hughes was the pain that followed when combat lifesavers (unit-assigned emergency medical technicians) had to reset his dislocated shoulder on site.

"The pain in my shoulder was blinding," Sergeant Hughes said. "I also broke three bones in my left foot when it was crushed by the passenger seat."

Sergeant Hughes and his comrades were taken to a hospital in Baghdad. The recovery for each of them would take months, but the lessons would last a lifetime.

The uncanniness of having mounted about 1,200 pounds of vehicle armor to his SUV just days prior to the incident was not lost on Sergeant Hughes. Still, he relayed to civilian and Airmen attendees at Friday's ceremony what he felt was also a critical factor in his survival.

"Take the training you get here seriously," he said. "We're on the front lines with the Army, Navy and Marines, and the skills we develop right here at wing level can save our own life or our buddy's life."

Sergeant Hughes' flight chief agrees.

"I'm honored to know Jimmie -- he's a reflection of how well we train our people here," said 1st Lt. Benjamin Taber, 52nd LRS assistant flight chief. "He's the guy you'd trust with your life in the bunker."

## Hawks: 23rd Expeditionary Fighter Squadron scopes Baltic skies

Story and photo by Capt. Thomas Crosson  
23rd Expeditionary Fighter Squadron Public Affairs

**SAULIAI AIR BASE, Lithuania** -- Providing security over the Baltic countries of Eastern Europe is no easy task, but the 23rd Expeditionary Fighter Squadron constantly trains, even while deployed, to be able to effectively address any airborne threat to the area.

The 23rd EFS provides 24-hour air policing coverage over Lithuania, Latvia and Estonia. The 120 people assigned to the squadron are responsible for ensuring its fleet of F-16s is maintained, armed and ready to launch at a moment's notice, while working at a bare-base environment under challenging weather conditions.

NATO has taken on the task of providing around-the-clock security over the skies of Lithuania, Latvia and Estonia since the countries joined the NATO alliance in March 2004. The 23rd EFS is responsible for protecting more than 97,000 square miles of airspace over the Baltics. NATO's partner nations share this duty on a rotational basis.

The squadron relies on an air monitoring station, call-sign Klondike, near Kaunas, Lithuania, and a combined air operations center, call-sign Highlander, outside Stuttgart, Germany, to provide them with a real-time assessment of air traffic over the Baltics. If an unidentified aircraft enters the airspace, these stations can direct the 23rd EFS to launch their F-16s to intercept the aircraft. Three pilots, a life support specialist, an operations resource manager and 11 aircraft maintainers are on alert at all times.

Once an aircraft is intercepted, the pilots run through a checklist to determine if the aircraft is in distress or if its intentions are hostile.

"Our primary focus is to contact the pilot and determine the status of the aircraft" said Lt. Col. David Youtsey, 23rd EFS detachment commander. "Unidentified aircraft can enter the airspace for a variety of reasons. A pilot could be lost or could have problems with their communications equipment. That's why it's important to try and communicate with the pilot before we determine our next course of action."

When the squadron's F-16s are airborne, they are directed to

the unidentified aircraft by Klondike. After they make contact, the 23rd EFS pilots have the capability to communicate via radio or through universally recognizable hand or light signals. The pilots will then relay their findings back to the air monitoring station and the CAOC for further assessment.

Members do not sit idly by the phone, waiting for the CAOC to scramble the jets. Two pilots in the squadron fly two, sometimes three training missions each day. In the first month of their deployment, 23rd EFS pilots have conducted more than 75 training sorties, consisting of more than 110 hours of flight time.

To train under the most realistic conditions, the pilots are not told when they will fly; rather, Highlander randomly contacts the 23rd EFS operations center to order them to "tango scramble," or to conduct a training mission.

"It's challenging. You never know when we'll be told to scramble" said Capt. Sean Penrod, 23rd EFS pilot. "We sleep with our G-suits, harnesses and helmets by our cots, or sometimes we leave our gear in the jet. Everywhere I go in the alert facility, I have to think about the fastest way to get to the jet."

Although the pilots have their hands full preparing for their next sortie, there are 11 alert maintainers on duty 24 hours a day, and nearly 40 day-shift crew chiefs, weapons loaders and other specialists constantly attending to the squadron's aircraft. At least two aircraft must always be "on status," or fully mission capable. The other aircraft, typically after they have been flown, are "regenerated;" inspected, refueled and brought back on status. While NATO regulations permit an hour to accomplish this task, the maintainers regularly beat the clock.

In the event of a scramble call, the alert maintainers will rush to their assigned aircraft to assist with the launch. The maintainers are equally important in ensuring squadron readiness throughout the deployment.

"This is entirely different than home-station flying," said Master Sgt. Tracy Hatch, 23rd EFS aircraft maintenance unit production supervisor. "We keep the jets here at a higher state of readiness than we would at home."

The biggest difference is that the jets here are pre-accepted by the pilots, and thus, sit in the aircraft shelters, untouched, in



Capt. Matthew Reynolds, an alert pilot for the 23rd Expeditionary Fighter Squadron, and Lt. Col. David Youtsey, 23rd EFS detachment commander, conduct a scramble exercise earlier in the month. When pilots are on alert in NATO's Baltic Air Policing mission they launch F-16 aircraft well under the NATO required standard.

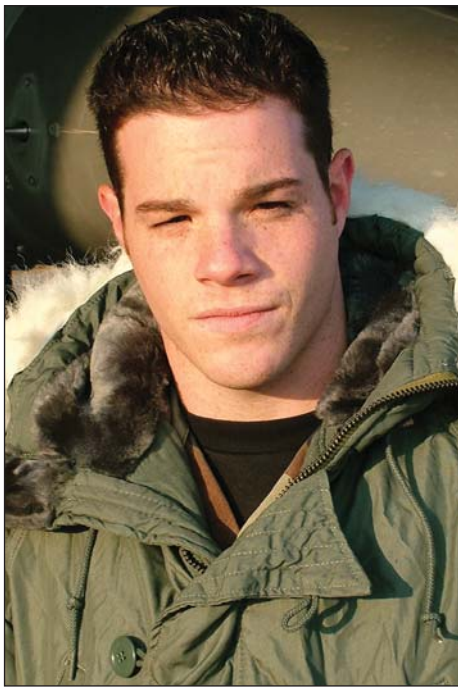
a ready-to-fly state, Sergeant Hatch said.

During operations at home station, pilots typically accept their aircraft right before they begin their pre-flight checklists. Accepting the jet involves the pilot and crew chief reviewing maintenance paperwork, and spot-checking the aircraft's critical systems.

"A pilot here can walk out to a jet anytime and practically take right off," Sergeant Hatch said. "A lot of the pins and covers we would normally keep in place until moments before takeoff are already removed. It forces our alert crew chiefs to be on their toes and allows them to get the jets off the ground more quickly."

For the 23rd EFS maintainers, the departure from their routine home-station schedule is welcome. "This is exciting and fast paced," said Senior Airman Chris Mustard, 23rd EFS crew chief. "We get to do things here we don't regularly do at home, like work with live munitions and work directly with other maintenance and weapons specialists."





Capt. Tom Crosson

## Top Saber Performer

**Name:** 1st Lt. Brian T. Cooper  
**Unit:** 23rd Expeditionary Fighter Squadron, Zokniai Air Base, Siauliai, Lithuania  
**Duty title:** Aircraft maintenance officer in Charge  
**Hometown:** Newark, New Jersey  
**Years in service:** Two years, five months  
**Nominee's contributions to 52nd Fighter Wing mission success:** Lieutenant Cooper led the first U.S. Air Force aircraft maintenance unit to support NATO's Operation Constant Effort providing nonstop air policing coverage over the Baltic States. He deployed about five F-16CJs, 85 maintainers and 189 short tons of equipment into the

bare base location with no previous U.S. presence. Lieutenant Cooper directed the recovery of the first three F-16CJs and safely situated them on a ramp designed for two aircraft. He then facilitated the regeneration of all three jets, putting them on alert status in less than four hours and allowing the unit to assume responsibility of the mission at its scheduled time despite severe logistical challenges.

**What's a fun thing you've done lately?** Two weeks ago, I visited the Jurginai-Domantai mound, Hill of Crosses. This is the location where the Lithuanians fought against their oppressors and erected crosses to honor casualties. Now that Lithuania has gained its independence, thousands of crosses are displayed as symbols of freedom.

**What do you like most about being stationed here?** I like knowing that we are making history by being the first Americans to deploy to Lithuania to assist our NATO Allies in their mission to uphold the integrity of their airspace.



Senior Airman Amaani Lyle

## Commander's Mentoring Program

Capt. Richard Reynolds, 52nd Aircraft Maintenance Squadron assistant officer in charge, discusses the wing mission with Col. Dave Goldfein, 52nd Fighter Wing commander, Oct. 5. The captain's chat with the commander was part of the Commander's Mentorship Program, in which the commander spends a dedicated block of time with a selected enlisted person or officer. An Oak Ridge, Tenn., native with three years of Air Force experience, Captain Reynolds moved here in January following an assignment in which he served as an instructor for the Air National Guard for three years. During his off-duty hours he builds hot rods.



## Operation On-Air

Play a dedication to your deployed loved one on 105.1 FM.

E-mail song requests and your special messages to  
[Det9.BGOR@spangdahlem.af.mil](mailto:Det9.BGOR@spangdahlem.af.mil).

## Eifel Salutes

### 52nd Mission Support Group

A Flashy salute for **Aslynn Rust** of the 52nd Services Marketing department for jumping up to fill marketing director duties, producing great publicity and managing the electronic marquee program!  
**Nathan Meyer** hits a hole in one repeatedly with his great customer service and multi-task support of the Eifel Mountain Golf Course, including making improvements to the clubhouse area. Special thanks from the Bitburg child development center's preschool 2 class to **Shirley Brown, Robin Bell and Jennifer Richards** for organizing a great Fall Harvest celebration! Congratulations to the third-quarter award winners from the 52nd Services Squadron -- Airman: **Airman 1st Class Garrett Doyle**, NCO: **Staff Sgt. Florida Taylor**, SNCO: **Master Sgt. Pamela Cook**, Junior-level civilian: **Jack Stevens**, Mid-level civilian: **Jim Dugan** and Senior-level civilian: **Sally Fuller!**

### 52nd Medical Group

A salute for curing what ails ya – thanks to the 52nd Medical Support Squadron's **Maj. Jessica Spitler** for coordinating Pharmacy Appreciation Week events and displays, and to **Linda Gilkey** for working the



pharmacy renovation. It's refreshing to salute **Staff Sgt. Joe Canteen** of the 52nd Medical Operations Squadron for planning and communicating the details of the emergency department's relocation and renovations. A big smile and pat on the back for 52nd Dental Squadron **Staff Sgts. Meochia James and Natalie Hoyt** for being good wingmen and encouraging a fellow Airman who earned a passing PT score.

### 38th Munitions Maintenance Group

It must take a lot of caffeine for **Airman 1st Class Jacob Coffey** to keep up his duties as U.S. custodial agent team leader for the 701st Munitions Support Squadron Security Forces flight at Kleine Brogel AB, Belgium, where he supports unit force protection programs alongside Belgian air force members in case of alarm activation or emergencies. **Senior Airman Nicholas Davidson** should take a load off as thanks for his enthusiastic supervision of Belgian air force loaders during flightline operations and training as a 701st MUNSS load monitor. **Staff Sgt. Donald Blackmon** helps keep the 703rd MUNSS communication flight fit to fight at Volkel AB, Netherlands, in addition to his usual duties as a Help Desk technician.

## Combined Federal Campaign

The CFC provides servicemembers a way to contribute to charitable organizations now through Dec. 15. For details, call Master Sgt. Thomas Hartswick at 452-6047 or visit [www.opm.gov/cfc](http://www.opm.gov/cfc).



Capt. Tom Crosson

## Top Saber Team

**Unit name:** 23rd Expeditionary Fighter Squadron Alert Aircraft Maintenance Crews

**Unit responsibilities:** The alert aircraft maintenance crews perform maintenance and servicing operations for deployed F-16CJs to guarantee daily training and real-world sorties. They must ensure that every F-16CJ is constantly at fully mission capable status and on alert posture 24 hours a day, seven days a week. Additionally, they must be prepared and equipped to launch the fully combat ready F-16CJs at a moment's notice.

**Number of members:** 22

**How does the team fit into the 52nd Fighter Wing's mission?** The crews are members of the first-ever U.S. Air Force unit to support NATO Operation Constant Effort to provide air patrol coverage 24 hours a day, seven days a week over the Baltic States and the adjacent international airspace.

**Team's other contributions through the year?** Along with all the deployed aircraft maintainers, the crews have donated countless off-duty hours to support the local Lithuanian community. They have provided guided tours of static F-16CJ displays for multiple groups of school students along with political dignitaries from the Baltic States. They also donated a weekend to spend time with children at a local orphanage. The team also spearheaded a Combat Proud remodeling project of the NATO Quick Reaction Area facility.



# Combat phase: Sabers take readiness to new level



Photos by Staff Sgt. Jennifer Lindsey

Above, Senior Airman Robert Black, 52nd Component Maintenance Squadron, and Senior Master Sgt. Duane Haun, 52nd Operations Support Squadron, race on their bellies to the low-crawl finish line during 52nd Fighter Wing Phase II Expeditionary Combat Skills training here Tuesday. The electro-environmental systems journeyman and wing life support superintendent were two of about 1,400 members of the 52nd FW who practiced a variety of expeditionary skills in training classes conducted throughout the week, all of which were designed to prepare Airmen for deployed environments.

Right, Airman 1st Class Michael Wilson, right, 81st Fighter Squadron, tries to overpower Staff Sgt. Tim Kelso, 23rd FS, with a rifle-butt jab during combat skills training. Both Airmen are life support technicians.



Above, Staff Sgt. Brianne VanHorn, 52nd Security Forces Squadron training instructor, prepares to show her class members how to reload an M-16 rifle during the combat arms refresher course. In addition to learning how to low crawl and use a rifle in hand-to-hand combat, Sabers attended training courses in convoy orientation; advanced self-aid and buddy care; survival recovery center and unit control center operations; deployment planning; post-attack reconnaissance and base recovery; counter-chemical, biological, radiological and high-yield explosives; and force protection and Law of Armed Conflict.

Make a difference this week ...

## Marrow drive seeks donors

By Senior Airman Amaani Lyle  
52nd Fighter Wing Public Affairs Office

Sabers prepare to fight, fight to win, and take care of each other daily. Thanks to a new program here, wing people can not only take care of each other, but they may even be able to save a life anywhere around the world.

The inaugural Spangdahlem Air Base Marrow Donor Registration Drive takes place Wednesday and Friday at the Brick House from 9 a.m. to 3:30 p.m.

"This is unlike a blood drive, because you can donate marrow even if you've been turned down to donate blood," said Senior Master Sgt. Daniel DeMers, 52nd Fighter Wing Bone Marrow Drive point of contact.

All active-duty military members and their immediate family, Department of Defense civil service employees, National Guard and Reserve employees are eligible to register. Potential donors must be 18 to 60 years of age and in general good health.

Sergeant DeMers said whether a marrow match is immediate or several years down the road, the potential to help save a life remains. His supervisor can attest to this.

"On July 5 I donated to a 23-year-old male with leukemia. I later heard he was

sent home after a month in the hospital. That's great news," said Chief Master Sgt. David Koester, 52nd Component Maintenance Squadron.

Though statistically only one in 10 people will ever be matched up as a suitable donor, Sergeant DeMers said the military community is one of the best sources for marrow donation.

"Not only are (we) generally very healthy, but we're also very diverse," he said. "We have representation from all races and this is one of the fundamental things that can help make this drive a success."

Former 52nd FW Public Affairs volunteer Brittany Shaver, daughter of Maj. Everett Shaver, 52nd FW Safety Office, spoke with pride about her father's recent trip to Washington D.C.

"My dad was more than happy to help when a hospital in Washington called to say he might be a possible match," Brittany said. "The next thing I knew, he was on a plane, and I was surprised to hear how little pain was involved for the (procedure)."

For details about bone marrow donation, call Sergeant DeMers at 452-2059 or visit [www.dodmarrow.com](http://www.dodmarrow.com).

## Team Eifel urged to prepare autos for icy days typical of area winters

By Maj. Matt Albright  
52nd Fighter Wing Safety Officer

Now is the time of year that we all need to set our safety awareness on high for the dangerous season of "Eifel Winter Driving." As many of our seasoned Eifel drivers already know, the majority of the wing's motor vehicle accidents occur during this time of year, many of them during or after the first snowfall. Up to this point, Mother Nature has been very quiet; however, that will change very soon. Are you prepared?

To drive and survive during the Eifel Winter, there are some key points that we should keep in mind. Every time you get ready to go somewhere in your vehicle you need to take the time to perform a quick personal risk assessment of yourself, your vehicle and your environment.

**Yourself:** Know how to get to your destination, whether by memory, mapped out, using your GPS or a passenger navigator. Ensure that you are not fatigued. If you are not comfortable with driving in the current road conditions, stay attentive and plan to attend the free ADAC course in the near future. Reduce distractions, including the cell phone, music choices and food. Plan ahead and give yourself extra time to arrive safely. If a situation arises that costs you travel time, choose to drive safely and arrive alive versus on time at the risk of getting into a

wreck. Also, remember to buckle up.

**Your vehicle:** Before traveling, winterize the car by ensuring the battery, brakes, tire tread depth and pressure, exhaust system and other vehicle equipment are in good working order. Maintain a winter car kit stocked with items such as blankets, extra clothing, food and water and a flashlight. Use winter or all-season tires. Keep vehicle windows and lights free of snow, ice and road splatter, and keep a scraper, de-icer, winter washer fluid and an old towel for wiping lights clean in the trunk.

**Your environment:** Check the current road conditions by calling 452-2677. Be prepared for changing road conditions and willing to slow down. This may require driving far below the speed limit to ensure personal safety. Also, maintain vigilance for black ice or foggy conditions.

Although the above list is not a "catch all," it does cover many important pieces of the personal risk assessment puzzle you must perform prior to driving. The 52nd Fighter Wing Safety Office will be sending all of your unit ground safety managers a "Winter Safety Briefing Guide" that will elaborate on many of the above tips along with others. Take the time to read over this guide and share it with your dependants. Ensure that you are prepared for this winter so that you are not another statistic during the coming Eifel winter season.



#### Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
you still have after using your  
chain of command.

Direct Lines of general interest  
will be published in the *Eifel  
Times* and may be edited or  
paraphrased for brevity or clarity.  
Submit your Direct Line via:

■ DirectLine@spangdahlem.  
af.mil

■ Mailed to 52nd FW/PA,  
Unit 3680 Box 220, APO AE  
09126

■ To PA in building 23.

■ Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
Eifel Times at 452-5244 for more  
information.



Col. Dave Goldfein

## November Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	257	35	- 1
23FS	289	48	+ 5
81FS	263	39	- 3

\*Delta is contract vs. sorties flown to date.

Through Nov. 6

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

Nov. 11, 2005

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## From the top

# New SECAF sends 'Letter to Airmen'

By Michael W. Wynne  
U.S. Secretary of the Air Force

**WASHINGTON --** It is an honor to serve as Secretary of the Air Force and I look forward to working alongside you in keeping our Nation safe. Because of your dedication, skill and sacrifice, the U.S. Air Force gives an incredible array of options to the President -- whether it is taking the fight to the enemy or providing humanitarian assistance to those in the wake of natural disasters. As individuals you are each a national asset and essential to accomplishing the Air Force's mission. As a seamless team we are able to overcome any challenge.

In the past 14 years, the Air Force team has proven its mettle and its skill every day. Since the days of Desert Shield and Desert Storm, our Air Force has been globally and continuously engaged in war. We must continue to show the same resolve and determination in the Global War on Terror. It will be a long war, but one that we will win.

Together, let's affirm that today's Air Force is Joint, has a clear mission and a set of goals to spur continued success. We have a leadership team, consisting of the Chief of Staff Gen. Mike Moseley, Under Secretary Dr. Ron Sega, Vice Chief Gen. John Corley and the Chief Master Sergeant of the Air Force Gerald Murray, that has my total confidence as we together set the standard for performance within the larger Defense family.

The core values: Integrity First, Service Before Self and Excellence in All We Do should continue to be internalized throughout the Future Total Force, and in our industry partners that we rely on for support. With these values translated into steady and unswerving resolve and actions, our Air Force will live up to the expectations of the Nation.



*As individuals you are each a national asset and essential to accomplishing the Air Force's mission. As a seamless team we are able to overcome any challenge.*

Now, some personal viewpoints. I see the mission of the Air Force as:

Deliver sovereign options for the defense of the United States of America and its global interests -- In air, space and cyberspace.

To do this, the Air Force must:

1. Prepare for and participate in the joint fight anywhere, at anytime
2. Develop, maintain and sustain the warfighter edge
3. Provide motivated, ethical and accountable Air Force warriors

Our goals in support of these mission elements include:

- ♦ Foster mutual respect and integrity: This applies across the entire Future Total Force and asks that each of us be accountable to this standard.
- ♦ Sustain air space and cyberspace capability: This applies to human assets, fostering professional and advanced education as well as addressing the continuing aging and obsolescence of our equipment.
- ♦ Provide persistent situational awareness: This applies to the battlefield, and airspace, and also

extends to cyberspace, maintenance, logistics and business. Knowledge enabled actions are better.

♦ Joint- and battle-ready trained Airmen: We must train as we fight and that will be joint. We must be as ready to be in firefights in all of our battle areas and in support of our joint partners.

♦ Continue to improve the Total Force quality of life: While maintaining clear military goals, improving quality of life allows mission focus. Fostering mutual respect and support is the cornerstone.

♦ Open and transparent business practices, and clean audit: Provide the ability and oversight where we are recognized as the best in class in business and management operations, throughout the Total Air Force.

♦ Foster lean processes across the Total Air Force: Lean is about highest quality and husbanding resources; from completing Base Realignment And Closure actions to flightline operations and inventory. We all can contribute.

In Summary: Knowledge enabled actions with an accountable Airmen ethic.

Together, with General Moseley and other senior leaders, I will work hard to address these issues and to ensure you have the tools you need. Meanwhile, I have no doubt that you will continue to keep America's Air Force the greatest air, space and cyberspace force in history, and an important part of the joint team defending our Country.

Thanks to all of you who are currently serving in our nearly 700,000-strong Active, Reserve, Guard, and Civilian military forces as well as my predecessors in the role of Secretary and Acting Secretary for providing to our Air Force the best in terms of leadership and service to our nation. As I cross back into the Blue, I am forever grateful. (Air Force Print News Service)

## Letter of Appreciation

# Wing commander selected for Air Force 'star' status; shares thankful sentiments with all-ranks celebration

By Col. Dave Goldfein  
52nd Fighter Wing commander

Last Friday at 10 p.m., 32 officers from across the Air Force were nominated by President Bush for promotion to brigadier general.

I am both honored and humbled to be on that list. In many ways I feel like a turtle on top of a fence post -- not sure how I got here but absolutely positive I got a lot of help.

In this light, Dawn and I would like to thank each of you for your part in making this happen. The number of successes we have celebrated over the past year has been impressive and recognized at the highest levels of our Air Force. It has been our distinct pleasure to share in these successes.

Isaac Newton used a great line in a letter to a friend years ago after being recognized for his work. He wrote, "If I have seen farther it is

because I have stood on the shoulders of giants." So it is with me. I have had the honor of standing on your shoulders for the past year.

To celebrate this shared success, Dawn and I invite all Sabers to a promotion party at Club Eifel on the afternoon of Nov. 23 to close out our Combat Wingman day. This is an ALL-RANKS event. Please drop by so Dawn and I can thank you in person.

As a side note, Nov. 23 is conveniently the day after 52 days in RESCON A, so let's keep pushing hard to go DUI-free through the next couple weeks!

It is truly an honor to have been nominated for promotion to brigadier general. My commitment to you is to work every day to be worthy of this honor.

*DAVE & Dawn Goldfein*







## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



### Scholarship info

The Defense Commissary Agency and the Fischer House Foundation accept applications through Feb. 22 for education scholarships for children of military families and retirees. Applications and details are available at [www.militaryscholar.org](http://www.militaryscholar.org).

### Native American celebration

Enjoy a traditional Native American potluck today at the Brick House at 6 p.m., and a performance by Morning Star, a traditional Native American dancer at 7 p.m. For details, call David Barker at 452-6544.

### Brick House tunes night

Pick Your Tunes night takes place tonight at Spangdahlem AB's Brick House. The DJ plays CD choices turned in throughout the night.

### Nutcracker Bingo

Families are invited to play Bingo to win German nutcrackers and smokers Saturday from 11 a.m. to 3 p.m. in Spangdahlem AB's Brick House. Cost is \$5 for three cards. At least 12 games will be played.

### Bone marrow donations

Sabers are invited to attend a bone marrow donation registration drive Wednesday and Nov. 18 from 9 a.m. to 3:30 p.m. at the Brick House. Attendees will have one tube of blood drawn after completing a registration form. To learn more about bone marrow donation, call Senior Master Sgt. Daniel DeMers at 452-2059 or visit [www.dodmarrow.com](http://www.dodmarrow.com).

### SMS news

Call Spangdahlem Middle School at 452-7205 for more information.

- ♦ The school's Information Center is open each Wednesday from 2:45-4:05 p.m. for students to read, work on homework or use the school's databases to complete special assignments.

- ♦ The Math Counts club meets each Wednesday from 2:40-3:40 p.m. in Room 202. The club is designed to increase interest in mathematics.

- ♦ The Age of Kings club meets each Wednesday from 2:45-4:15 p.m. in the school's computer lab. Students in grades 6-8 meet to play strategy games. Parental permission is required.

### Pet spa news

- ♦ The Pet Spa pet wash station has tools, shampoo and drying equipment for pet owners to groom their pets. Staff members are available to answer questions. Cost is \$5 per pet. Customers are registered to win monthly contests. Prizes include dog sweaters, kenneling discounts, treats and more. Call 452-9362 for information.

- ♦ The Pet Spa has openings available for pet care during Thanksgiving and the winter holidays. Pets that stay three days or longer get free basic grooming. The spa will pick up pets from Spangdahlem AB for \$27 and from Bitburg Annex for \$22. Call 452-9362 for details.

### SES PTSA meeting

The Spangdahlem Elementary School Parent, Teacher and Student Association general membership meeting takes place Thursday at 6 p.m. in the multipurpose room. A Thanksgiving potluck dinner and 3rd grade performance is on schedule. E-mail [barbara.triplett@eu.dodea.edu](mailto:barbara.triplett@eu.dodea.edu) for more information.

### Toastmasters meeting

Toastmasters, a public speaking enhancement club, meets each Tuesday from 6-7 p.m. in Spangdahlem AB Building 139. Call Tech. Sgt. Nicole Gisel at 452-7775 for details.

### Brick House tourneys

Call Kim McElfresh at 452-7381 for details on the following activities.

- ♦ Chess players ages 6 and older meet each first and third Saturday of the month in the Brick House.

- ♦ Billiards players meet each Tuesday at 6 p.m. in the Brick House for tournaments taking place now through Jan. 24.

### Passport to parenthood

A parenting class takes place Wednesday from 1-4 p.m. in the Bitburg Annex Family Support Center, building 2001. Call 452-8279 for details.

### Family Bingo

Families are invited to play Bingo for prizes Wednesday from 6-7:30 p.m. in Bitburg Annex building 2012. Cards cost \$2 per game. At least five games will be played. The final game is "blackout" at a cost of \$1 per card.

### November teen activities

The following Bitburg Annex Teen Center events are for members only and take place at or start from the center, unless otherwise specified. Call Aslynn Rust at 452-7820 for teen program or event information.

- ♦ Combat Care Turkey Fun day, Saturday from noon to 3 p.m. Team Eifel members are invited to make Thanksgiving table centerpieces. Bingo games begin at 1 p.m. The Torch Club sells baked goods throughout the event.

- ♦ Tailgate party, Saturday from 2-6 p.m. Teens sell hot dogs, hamburgers, chips and soda, and sponsor sporting activities throughout the event.

- ♦ Die Pyramids adventure day, Nov. 25. Transportation to Die Pyramids amusement park departs from the center at noon and returns at 6 p.m. Teens are encouraged to bring a lunch.

### Celebrate volunteering

Bitburg Elementary School celebrates Volunteering is Powerful Day Nov. 18 from 8:30 a.m. to 2:30 p.m. Community members and parents are invited to participate in volunteer activities at the school. Visitors should sign in at the main entrance.

### Harry Potter in Luxembourg

Catch a ride from the teen center to see the latest Harry Potter movie in Luxembourg Nov. 19 at 1 p.m. Participation is limited to 26 people, and children ages 9-18 must have a signed permission slip from a parent. Bring 6.50 euro for the admission fee plus additional funds for snacks. For details, call Patti Porter at 452-9206.

### Children and divorce

A class on caring for children through divorce takes place Nov. 21 from 1-3 p.m. in Spangdahlem AB building 161. Call 452-8279 for details.

### Free turkey dinner

Single and unaccompanied Sabers are invited to enjoy a free, home-cooked Thanksgiving meal

Thursday from 5-6:30 p.m. at the

Spangdahlem AB Chapel. This month's meal will be prepared by the first sergeants and the Protestant Women of the Chapel. For details, call the chapel at 452-6711.



### Interfaith Thanksgiving worship

An interfaith Thanksgiving worship service takes place Nov. 22 at 7 p.m. in the Bitburg Annex Chapel, followed by a pie social in the annex. For information about the worship service, call Chaplain (Capt.) Albert Sanchez, and for details on donating goods for the pie social, call Chaplain (Capt.) Corwin Smith at 452-6711.

### CLUB EIFEL

#### SQUADRON CHALLENGE MEMBERSHIP DRIVE

### ARE YOU UP FOR A CHALLENGE?

Become a member of Club Eifel and your squadron could win \$300! The squadron which increases its club membership by the greatest percentage receives \$300 in club credit for a squadron function. Updated numbers and percentages will be sent out each week until the contest is over. The Club Eifel Squadron Challenge ends November 21, so sign up today!

Don't forget there are countless great reasons to become a club member, including discounts, special access and exclusive offers!

The winning squadron has 60 days to schedule a special function and use their winnings. They can set up their function by calling Club Catering at 452-4642.



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.



## Movies

The following movie listings are for today through Nov. 17. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Red Eye* (PG-13, 7 p.m.)

A woman is kidnapped by a stranger on a routine flight. Threatened with the potential murder of her father, she is pulled into a plot to assist her captor in offing a politician.

*Into the Blue* (PG-13, 9:30 p.m.)

A group of divers find themselves in deep trouble with a drug lord after they come upon the illicit cargo of a sunken airplane.

Saturday

*The Cave* (PG-13, 7 p.m.)

Bloodthirsty creatures await a pack of divers who become trapped in an underwater cave network.

*Into the Blue* (9:30 p.m.)

Sunday

*Red Eye* (4 p.m.)

*Into the Blue* (7 p.m.)

Monday

*The Cave* (7 p.m.)

Tuesday

*Into the Blue* (7 p.m.)

Closed Wednesday and Thursday

### Bitburg Castle

Today

*Flightplan* (PG-13, 7 p.m.)

A bereaved woman and her daughter are flying home from Berlin to America. At 30,000 feet, the child vanishes and nobody admits she was ever on the plane.

*40-Year Old Virgin* (R, 9:30 p.m.)

Goaded by his buddies, a nerdy guy who has never "done the deed" only finds the pressure mounting when he meets a single mother.

Saturday

*March of the Penguins* (G, 7 p.m.)

Emperor penguins overcome daunting obstacles in order to return to their breeding grounds for mating season. This tells the story of one year in the life of a flock as they trek across the Antarctic on an annual journey that invokes just about every major life experience: from birth to death, from dating to mating, from comedy to tragedy, and from love to fighting for survival.

*Flightplan* (9:30 p.m.)

Sunday

*March of the Penguins* (4 p.m.)

*40-Year Old Virgin* (7 p.m.)

Closed Monday and Tuesday

Wednesday

*Flightplan* (7 p.m.)

Thursday

*March of the Penguins* (7 p.m.)



History buffs and walking enthusiasts crowd around a World War II-era U.S. Army tank at McAuliffe Square in Bastogne, Belgium, during the 60th Anniversary of the Battle of the Bulge and before the annual perimeter walk last year.



A Belgian man dresses in character as a WWII U.S. Army Soldier during the walk. Soldiers wore white sheets donated by Belgian citizens to blend in with the snow-covered landscape.

## Bastogne's annual 'Nuts' celebration offers historical, educational experiences

By Senior Airman Eydie Sakura  
52nd Fighter Wing Public Affairs Office

Damp, bone-chilling cold weather permeates your wet woolen jacket as you blow on your hands for added warmth. Your buddy in the foxhole next to you, who has also witnessed fellow comrades die before his eyes, gives you a look of complete and utter exhaustion. Hungry, tired and cold, the Allied Forces stood their ground against the German army during one of the snowiest and coldest winters along the German-Belgian border in recorded history.

The Battle of the Bulge began in mid-December, 1944, near Bastogne, Belgium -- a charming and peaceful town not too far from Spangdahlem. In terms of losses, it was the worst battle to the U.S. Army during World War II.

Honoring the "Defenders of Bastogne" in December during the town's annual "Nuts" celebration is a unique and memorable experience for any patriot wishing to experience something different during the weekend.

The 28th annual historical perimeter walk and 61st anniversary of the Battle of the Bulge take place in Bastogne at

8 a.m. Dec. 17. People can choose to participate in a six-, 14- or 20-kilometer walk along the perimeter, where American, British, Canadian, French and Belgian forces kept the Germany army at bay -- ultimately saving the people and town of Bastogne, and putting the Allies one step closer to winning the war.

The walk begins at the Centre Sportif "Porte de Treve," with ceremonies, commemorations and events held in the city throughout the weekend.

If an outdoor walk is not up your alley, then stay warm in one of the many restaurants, cafes and historical museums the town offers.

The Bastogne Historical Center, located just outside of town, has a collection of authentic uniforms, weapons and material, and offers a 30-minute film telling the story of the battle of Bastogne. The museum tour takes about one hour and costs 8.50 euro for adults.

Across the road is the Mardasson Memorial, a gigantic star-shaped structure with the names of the 48 states which then made up the United States engraved on the crown. It is dedicated to the American soldiers who fell in the

battle, and stands as a token of gratitude by the Belgian people for the liberation of the country by the U.S. Army and the Allies.

Bastogne also showcases its exclusive exhibit called, "I was 20 in '45 in Bastogne," a multi-level, educational and visually stimulating display of what life was like in Bastogne during the war. The exhibit is open every day from 10 a.m. to 6 p.m. now through Nov. 30, except Mondays. The cost is 7.50 euro per person.

People interested in pre-registering for the historic perimeter walk in December should e-mail Ed Lapotsky at [ed.germany@t-online.de](mailto:ed.germany@t-online.de), or stop by the World War II Society information table at the Spangdahlem Air Base 52nd Services Squadron Eifel Holiday Bazaar Nov. 18-20. The cost is 4 euro per person, and participants receive a certificate, souvenir, hot soup or hot chocolate on the walk, brochure with map and commentary.

For more information on Bastogne and the Battle of the Bulge, visit [www.bastognehistoricalcenter.be](http://www.bastognehistoricalcenter.be) or [www.bastogne.be](http://www.bastogne.be).

## Lanterns light the way in saint's honor during parades this weekend

Story and photo by Iris Reiff  
52nd Fighter Wing Public Affairs Office

According to legend, Saint Martin was born early in the fourth century to an officer in the military administration of the Emperor Constantine in Szombathel, Hungary.

He was a Christian while growing up, then served his time in the Roman Imperial Army. Although other officers mistreated soldiers and slaves, Martin was kind, and distributed to the poor what he could save from his pay.

Each Nov. 11, local townspeople host colorful torch-lit processions in honor of Saint Martin.

American families are welcome to participate in the Saint Martin activities. The illuminated procession ends with a bonfire, and all children receive sugar pretzels from local officials.

Following the parades, people often walk to a local town hall or a fire station for a raffle and beverages.



Eifel Sabers join their German neighbors in celebrating Saint Martin's Day each Nov. 11 by walking in the parade.

Saint Martin parades take place throughout the local area:

- ♦ Binsfeld, **today** at 5:30 p.m. from the local church
- ♦ Landscheid, **today** at 6 p.m. from the Peter Zirbes Elementary School
- ♦ Spangdahlem, **today** at 6:30 p.m. from Burgstrasse
- ♦ Bitburg-Moetsch, **today** at 6:30 p.m. from the local church
- ♦ Speicher, **today** at 6:30 p.m. from the local church
- ♦ Wittlich town, **today** at 6:30 p.m. from the Wittlich Stadtpark, or city park

- ♦ Herforst, **today** at 7 p.m. from the local church
- ♦ Beilingen, **today** at 7 p.m. from the local church
- ♦ Niederkail, **Saturday** at 6 p.m. from the Gustenmaennchen Strasse
- ♦ Arenrath, **Saturday** at 6:30 p.m. from the town hall



## Sports Briefs

### New aerobics classes

The Skelton Memorial Fitness Center now offers aerobics classes Fridays at 9 a.m. and Wednesdays at 5 p.m. The Bitburg Annex fitness center now has aerobics classes Tuesdays and Thursdays at 9 a.m. For details, call the Spangdahlem AB Fitness Center at 452-6634.

### Wanted: instructors, trainers

The fitness center is looking for excited, certified aerobics instructors and qualified, enthusiastic personal trainers who have a desire to lead classes and guide individuals toward a healthier lifestyle. For information, call Juergen Stockemer at 452-6634 or 452-6251.

### Basketball news

Meetings for intramural basketball coaches and the over-30 basketball league take place Nov. 16 at 3 p.m. in the Spangdahlem AB fitness center. Letters of intent to play and team rosters are due at the meeting. Both basketball seasons begin Nov. 21. For more information, call Mark Warner at 452-6634.

### Racquetball news

Racquetball season opens Dec. 5. The submission deadline for players' letters of intent to play and coaches' rosters of players is Nov. 23. A coaches meeting takes place Nov. 23 at 3 p.m. in the Spangdahlem AB fitness center conference room. Call Mark Warner at 452-6634 for more information.

### Wrestling championships

The 2005 U.S. Forces Europe MWR Wrestling Championships take place Dec. 9-11 in Wiesbaden, Germany. Register by 8:45 a.m. Dec. 10 to participate. Freestyle wrestling takes place Dec. 10 and Greco-Roman style is played Dec. 11. The event is open to all active duty members. Call 337-5943 or visit [www.mwr-europe.com](http://www.mwr-europe.com) for more information.

### Skiing trips with ODR

Call 52nd Services Squadron Outdoor Recreation at 452-7170 for details.

♦ A Thanksgiving Swiss glacier skiing trip takes place Nov. 23-27. Cost is \$290 for a dormitory-style room and \$365 for a double room.

♦ A Black Forest skiing trip takes place Dec. 9-11. Cost is \$275 per person.

♦ A Swiss skiing trip takes place Dec. 16-18. Cost is \$265 for a dormitory-style room and \$340 for a double room.

### Yoga

Yoga classes take place each Tuesday from 11:30 a.m. to 12:30 p.m. in the Spangdahlem AB Health and Wellness Center first floor fitness room. The class is for people practicing on the beginner and intermediate levels who seek to improve their flexibility and overall health. Comfortable, close-fitting clothing is recommended, and participants are invited to exercise barefoot. Registration is not required. Call the HAWC at 452-7385 for details.

### Fitness center news, hours

♦ Spangdahlem AB fitness center renovations take place now through about mid-November. The aerobics room is closed for renovations through Nov. 18. All classes temporarily take place in the gymnasium.

♦ The Spangdahlem AB fitness center is open Monday-Friday from 4:30 a.m. to 11:30 p.m., and Saturday, Sunday, down days and holidays from 9 a.m. to 6 p.m. The Bitburg Annex center is open to annex residents by using a facility key, which is issued at the Spangdahlem AB fitness center customer service desk. Call 452-6634 for more information.

## BHS cross country teams finish successful season Barons men, women place in championships, garner personal bests

Story and photo by  
**David Turner**  
Bitburg High School  
cross country coach

The Bitburg Barons Cross Country Team concluded their season with several runners achieving outstanding results. Cross country races are five kilometers, approximately 3.1 miles, with varying degrees of difficulty. The team this year consisted of 10 women and 16 men.

In the women's division, the team was led by middle schooler Ericha Griep, who turned in a season-best time of 20:51. Not far behind her was freshman Sandra Davidson with a time of 21:04. Both times were posted at Supreme Headquarters Allied Powers Europe, Belgium, Oct. 22.

The remainder of the team, along with their season-best times are: Ashley Sandau, 21:13; Rebekah Bartlett, 24:43; Rachel Neice, 26:09; Jasmine Carter, 26:21; Victoria



**Sandra Davidson, right, daughter of Master Sgt. Kevin Davidson, 52nd Operations Support Squadron first sergeant, leads the pack at the Cross Country European Championships Oct. 29. She placed ninth overall.**

Swan, 26:22; Kristin Boring, 27:59; Kara Elder, 28:58; and Michelle Reese, 30:28.

In the men's division, the team's best performance of the

The rest of the team, along with their best times are: Joey Denton, 20:16; Zeth McNeal, 20:19; Derek Neice, 20:43; Daniel Renaud, 21:23; Jonathan Barber, 21:27; C. J. Ward, 22:02; middle schooler Adam Clark, 22:17; Chris King, 22:17; David Woodside, 22:17; Alex Bays, 23:03; Sean Blossom, 23:39; Jacob Luning, 24:12; middle schoolers Chad Denton, 24:39 and Zekariah McNeal, 24:50.

At the European Championships held Oct. 29, Bitburg, a Division II team, competed against both Division I and II teams. In a field of 100 runners, Davidson made her move near the two kilometer mark and pulled away to hold on to ninth place. She completed the 5K in 21:12. Her performance at the meet also earned her second Team All European status.

At the men's European Championships, Banks placed 43rd out of 114 runners.

## Congratulations

The **52nd Equipment Maintenance Squadron** is the repeat large unit champion for the 2005 Commander's Cup trophy. The 52nd Logistics Readiness Squadron came in second, while the 52nd Civil Engineer Squadron achieved third place.

The **52nd Operations Support Squadron** is the small unit winner. The 702nd Munitions Support Squadron earned second and the 52nd Component Maintenance Squadron won third place.

The Commander's Cup Trophy is awarded to the squadron earning the greatest number of points in one year through intramural team participation, intramural team standings, championship playoff points and fitness sports and advisory council participation. Units with more than 249 people are considered a large unit.

## Spangdahlem Football Frenzy Week 10

Circle Your Choices for Each Game

Atlanta at Detroit	Washington at Tampa Bay
Baltimore at Jacksonville	Denver at Oakland
Houston at Indianapolis	NY Jets at Carolina
Kansas City at Buffalo	Green Bay at Atlanta
Minnesota at NY Giants	St. Louis at Seattle
New England at Miami	Cleveland at Pittsburgh
San Francisco at Chicago	Dallas at Philadelphia

### Week 10 Tiebreaker

Total Number of Pass Completions in all Week 10 Games: \_\_\_\_\_

Club Member Rank/Name: \_\_\_\_\_

Unit: \_\_\_\_\_ Phone: \_\_\_\_\_ Last 4 of Club Card: \_\_\_\_\_

Favorite NFL Team: \_\_\_\_\_

1. Drop off completed entry forms at Club Eifel before end of 1st Quarter of 1st game each week.

2. One entry per Club member.



## UNITED STATES AIR FORCE PHYSICAL TRAINING UNIFORM WEAR GUIDE



PT UNIFORM ITEMS NOT AUTHORIZED TO BE WORN WITH CIVILIAN ATTIRE



PT UNIFORM ITEMS NOT AUTHORIZED TO BE WORN WITH CIVILIAN ATTIRE



NOTE: WHEN WEARING THE AIR FORCE PT UNIFORM THE T-SHIRT WILL ALWAYS BE TUCKED IN.



Graphic courtesy of the Spangdahlem AB First Sergeants Council

## PT uniform wear guidance

Any combination of the physical training uniform items may be worn together (jacket with T-shirt and shorts, T-shirt with shorts and or pants); PT uniform items will not be worn with any civilian clothing.

**T-Shirts:** Must be worn tucked into shorts; may wear short or long sleeve style Air Force shirt.

**Warm-up suit:** Jacket, when worn, will be at least half zipped; hood will be stored and zipped when not worn; and pants when worn will be zipped at legs.

**PT shorts:** Spandex shorts and leggings (navy blue or black) may be worn under PT shorts (full-length leggings may be worn during cold weather).

**Socks/shoes:** White socks will be worn -- ankle or calf length; small, conservative trademark logos may be worn on socks; and shoes must be conservative color, such as white, black and dark blue.